

1. A composition which produces weight loss in a patient comprising a combination of selected herbal extracts wherein said combination comprises at least one herbal extract capable of inhibiting gastric emptying and one herbal extract which increases metabolic rate in a patient.
2. The composition of claim 1 wherein the combination of selected herbal extracts comprises Guarana, Damiana, and Paraguay.
3. A method of reducing weight in a patient comprising administering to a patient a composition of claim 1 so that gastric emptying is inhibited and metabolic rate is increased in the patient.

1. The first step is to identify the key components of the system. This involves understanding the hardware, software, and data involved.